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CERES

world Minnesota and Dakota wheat. tains more nutriment per pound than any other Flour. Ask your grocer for CERES FLOUR. Refuse a substitute. All grocers sell CERES. We

WHEN YOU ARE THIRSTY Drink Culmbacher

Wholesalers, 1st and Ind. Ave J.

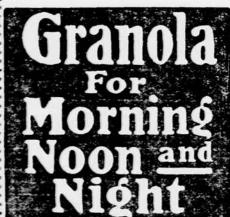
Beer.

It is the most enjoyable of all Beers. Rich in nutriment-an unexcelled stimulant, Order some. 24 pts, or 12 qts. for \$1.25 -delivered inunlettered wagens. Washington Brewery Co., 4th and F Sts. N.E. 'Phone 2154.

Contract the cocoa habit. Drink it morning, noon and night. You'll never regret it. Stimulates without reaction; makes blood: nourishes nerves and feeds the brain cells. It's the anti of coffee or tea.

But be sure you get Miller's Cocoa, which equals the foreign at half the price.

GEORGE MILLER & SON CO., Philadelphia.



Not a soft pasty foodnot a harsh singed grain.

A thoroughly cooked food. Makes the blood doubly rich.

Battle Creek Sanitarium Food Co.

Inexplicable.

From Puck.
"No," said the successful novelist; "my book is not to be dramatized." "Great Scott!" exclaimed his friend. "Why did you write it?"

Table and Kitchen.

Practical Suggestions About What to Among the many delicacies provided for our tables at this season of the year we

find the spring chicken one of the most tempting on the bill of fare; but how often our anticipations meet with disappointment when the dish is set before us; instead of a tender, delicate morsel, we have a dried and tasteless bit of bone and shreds. Fried chicken is a dish which may be ordered at any season of the year, but if one wishes to fully enjoy it they should walt until the season will permit the chickens to be grown by natural methods. Open air and sunshine mean as much to the

young chick as to growing plants. Southern Fried Chicken. Well might the southern housewife boast

of the superiority of this dish over that frequently found above Mason and Dixon's line. The southern cook's method of cooking differed greatly from that of the northern cook. A well-known northern woman who lived south for years had an old-time colored mammy for cook, and she conse-quently reveled in "delicious fried chicken and beaten biscuit," until she unexpectedand beaten biscuit," until she unexpectedly discovered "Mammy Jane" in the act of wringing the chickens' necks, preparatory for frying for breakfast. The chicken being killed in this expeditious manner, was quickly stripped of feathers, drawn and quartered and plumped into the pan of hot fat before the animal heat was out of the flesh; consequently the meat was of the flesh; consequently the meat was out of the flesh; consequently the meat was tender, pink and juicy with crisp brown crust and delicious flavor. Madam decidedly objected to this mode of procedure, considering it rather barbarous, and com-manded that this plan should not be adopt ed again. Mammy Jane promised, but with an ominous shake of the turbaned head predicted that "Missus would find a dif-funce." And "Missus" certainly did, to her regret.

Chicken a la Marengo.

Most railroad travelers have become so familiar with this title, the too frequent acquaintance has bred weariness if not contempt; but when the dish is properly prepared, "that is another story." An interesting account is given of its origin. which was, like many other good things in the culinary line, distinctly French. This is how it came about. On the eve of the battle of Marengo the first consul was very hungry after the tumult of the day, and a fowl was ordered hastily prepared. The fowl was procured, but no butter was to be had. There was plenty of oil, however, so the cook, pouring a generous quantity of this in his saute pan, placed therein the fowl," a clove of garlic and other availfowi," a clove of garlic and other available seasonings, solt, cayenne and in all probability truffles and tarragon, added a little white wine and served up hot with a garnish of mushrooms. It is said that this dish proved to be the second conquest of the day, as the first consul found it most agreeable to his palate, and ever since this has been a favorite dish with all lovers of good cheer. The "improvement" to this method is the addition of half a pint of Spanish sauce. Mushroom liquor or sauce may be added also, and Madetra wine is generally used. The dish is garnished with croutons of fried bread and fried egg around the edge.

Spanish Sauce.

Spanish Sauce.

Brown together an eighth of a pound of butter and four level tablespoons of flour, stirring constantly to keep perfectly smooth. When a nice brown, pour in half pint of good stock or broth; stir and cook until smooth; then simmer gently until reduced somewhat; season with salt and pepper and little onlon juice, unless garlic has been added to the chicken.

Broiled Spring Chicken.

The chickens must be small, as they are simply split open down the back. Have the chicken singed carefully over an alcohol flame, wash thoroughly outside and wipe the inside with a damp cloth; dry well, flatten out with cleaver, brush well with butter, place on the broller and broll over a clear but not too hot a fire until nicely browned; place over the fire with are only wholesalers. the inside part down at first and broil a his prize in a basket. When he got to his little longer than the outside. Serve on a hotel he gave the cordials to the porter. I hot platter; melt an ounce of butter, add suppose some of the claret is now in his a little salt and pepper, a tablespoon of lemon juice and teaspoon of minced pars-ley; pour this over the chickens, garnish with cress and French fried potatoes or po-

Take two small spring chickens, prepare as for broiling, but cut into joints. Wipe dry, season well with salt and pepper, dip into beaten egg, then cover well with bread crumbs. Place in a well-buttered baking pan, pour a little melted butter or oil over them and bake in the oven for twenty or twenty-five minutes. Serve with cream sauce and garnish with thin, crisped slices of bacon and tiny corn oysters.

Fried Chicken and Okras.

Singe, draw and cut into suitable joints for frying, a young, tender chicken. Season with salt and pepper and roll in flour; wash two dozen pods of young okra; cut off the stems and slice thin. Cut quarter of a pound of lean ham into dice, slice a small onion and chop fine a small red or green pepper. Put enough oil into a frying pan to half cover the chicken, and when hot put in the chicken and ham and fry brown; then drain off nearly all the fat, add the onion, okra and pepper, with sufficient broth or water to well cover. Sea-son to taste with salt and pepper and simmer gently until chicken and vegetables are tender. A little hot water or broth can be added if the gravy thickens too much while cooking. Serve with boiled rice and fried oysters if they are in season.

Grilled Chickens.

Select small spring chickens for this purnose; split them down the back and, if rather large, cut into joints. Make a dressing of oil, salt, pepper, minced parsley, onion and lemon juice; pour this over the chicken and let stand for an hour. basting frequently. Then dust lightly with bread crumbs and cook on a grill. Warm up some Madeira sauce with a slice of onion, fried brown with a little minced ham; strain this over the chicken and

Cover half a box of gelatine with cold water and soak until gelatine is tender Then pour over it a pint of bolling water; add juice of three lemons and sugar to taste. Strain through a fine sieve into a basin set in cracked ice. As soon as the mixture is cold and begins to thicken beat with an egg whip until white as snow; then add the whites of four eggs, which have been beaten to a stiff froth. Mix lightly but thoroughly and turn into a mold and stand in a cold place to stiffen. Turn out of mold and serve with the sauce or ream poured around it.

Coffee Cream.

Roast four ounces of green coffee berries n an iron pan and put them while hot into a pint of hot cream or rich milk; cover and et stand until quite cold; then strain out the berries. Add a third of a cup of sugar, a pinch of salt, a level tablespoonful of outter rubbed smooth with two tablespoonfuls of tiour and the yolks of four eggs eaten light. Stir over the fire until slight-

y thick; then set away to cool. dding gelatine and molding it. Beat the whites of the eggs to a white froth and fold in enough sugar to make them stiff; drop by large spoonfuls on top of sweet-ened hot milk, steam for a few minutes until set, then lift carefully with a skimmer, place on a dish and when ready to serve heap about the base of the molded pudding, or serve the egg snow heaped in

van Houten's Cocoa THE BEST

Breakfast Luncheon

Supper VAN HOUTEN'S COCOA CONTAINS MORE DIGESTIBLE NOURISHMENT THAN THE FINEST BEEF TEA. Crder it next time—take no other.

a pyramid and the coffee sauce or cream poured around the base. Menus for Every Day. SUNDAY.
BREAKFAST,
Fruit,
Cereal, Cream,
Planked Whitefish,

Potatoes Stewed in Cream, Milk Toast, Coffee. DINNER.

Potage Parmentier,
Roast Spring Lamb, Mint Sauce,
Mashed Potatoes, Succotash,
Stewed Mushrooms,
Dincerts Solod

Pineapple Salad,
Cake, Chocolate Frappe,
SUPPER.
Crab Flakes a la Maryland,
Asparagus Salad,
Strawberry Cake, Chocolate.

MONDAY, BREAKFAST,

Panned Ham. Cream Sauce, German Fried Potatoes, Rolls. Coffee. LUNCH.

Clam Chowder,
Boiled Rice, Steamed Prunes,
Cocoa.
DINNER.

Pepper Pot.
Pepper Pot.
Cold Roast Lamb, Rhubarb Sauce,
Macaroni and Tomatoes,
Mashed Potatoes,

Plain Lettuce, Cup Custard, Coffee.

TUESDAY. BREAKFAST.

Fruit,
Cereal, Coffee,
Hashed Liver on Toast,
Corn Bread, Cucumbers,

Parsley Sauce,

Coffee. LUNCH.

Fruit, Cream Cereal Coffee.

DINNER.

Asparagus Soup,
Beefsteak Ragout, Mashed Potatoes,
Creamed Carrots,
Chiffonade Salad,

Fruit Tapioca, Coffee.

CRAFTY WINE BUYERS.

Collectors Who Get Part of Their

Satisfaction in Good Bargains.

local wine dealer the other day. "Every

quaint little foreign shops. You'd natural-

ly suppose that the whole district had been

raked bare years ago, but it seems inex-

haustible, and never a season passes with-

out something good turning up.
"Of course a collector of wine is like any
other collector," the dealer went on, "by
which I mean he has no conscience what-

bon vivants resort to are very amusing. Last year, for instance, a noted connois-

one corner. It had evidently lain there un-

ered up the claret again and presently ask-

ed for a price on some curious flagons of cordial that formed the top layer. The

proprietor was a good-natured, easy-going

Latin, who loved to bargain, and the two

"But the schemes of these sly old boys

don't always turn out so successfully. Oc-

casionally they overreach themselves, and

steep figure that the collector went away

the stuff wasn't worth shelf room.

the shopkeeper was duly impressed. Next

day the Philadelphia collector appeared

and asked whether he was willing to talk

reason about that red wine. 'I'm sorry, monsieur,' said the proprietor, 'but I had

give you for it?' groaned the connolsseur.
"Ten cents a bottle,' said the other. 'I found out after you left that it was spoiled,' he added, confidentially."

Models in Millinery.

wear this more neutral tint.

for washing and rinsing.

How to Wash Stockings.

All kinds of stockings require to be care-

Lisle thread stockings should be washed

in tepid water, using a little soap for the

feet only. Rinse in water to which a few

drops of liquid ammonia have been added.

Dry them quickly, preferably in a good

current of air, and press with a warm iron. Silk stockings should be washed in tepid

clothesline for drying out of doors the

To Wash Fine Waists.

To wash fine white waists, all lace and

embroidery, without damage shake them

well, wet them in clear water, with a little

ammonia added; then lay them in an earth-

en vessel, cover with strong white soap-

suds and set in the sun for three hours.

And Smiths Are Plentiful.

Meek.

From the Catholic Standard and Times.

commonplace."

From the Detroit Journal.

feet should always be uppermost.

Some charming confections were lately

to terms.

think up some scheme for bringing him

The upshot of it was that he

haggled for an hour over a difference of

From the New Orleans Times-Democrat.

Cream,

Steamed Live Lobster, I Celery Salad

THE TROOPS IN CHINA

Americans Better Fed and Clothed Than Any Others.

THEIR CAMPS WERE CLEANEST OF ALL

Capt. Franklin Points Out the Need of Reform in Packing.

SMALL PACKAGES ARE BEST

Capt. Thomas Franklin, 23d Infantry, commissary of subsistence, U. S. V., who accompanied the China relief expedition, has made a frank and highly interesting report to the adjutant general of his observations of the conditions and efficiency of the allied forces. "As there is no doubt in my mind," says Captain Franklin, "that the American soldier was the best fighting man of all the allies, I shall only draw comparisons (from which we can benefit, I believe) between his needs and supplies and those of his quondam friends.

"In the first place he required more and better food than they, and he got it. This fact astonished the European troops above all else. A British officer said to me: 'How often do you give your men this excellent bacon?' 'Twenty-one times a week, if they want it,' said I, and he didn't believe me.

Reform Needed in Packing. "But while our food and other supplies were infinitely more generous in quantity and quality than that of the others, it was not packed with the same scrupulous care for safe carriage and quick handling. In this particular the Japanese and British were without rivals.

"The Japanese allowed few packages to exceed 100 pounds in weight or about three "New Orleans is still a first-rate hunting cubic feet in volume. All boxes generally, except ammunition cases, etc., were covfield for collectors of rare vintages," said a ered with rice-straw matting, neatly sewed with the same material at the corners and winter we have a lot of wealthy northern with the same material at the corners and tied in two directions with a rope or braid of the same. Sacks were also protected with a like outer covering. This material is light, strong and very elastic, and protected the inner case or sack so thoroughly that their loss from broken packages was practically nil. Then also the visitors who own fine cellars, and they take great delight in prowling through the Old Quarter, looking for treasure trove in the ages was practically nil. Then, also, the small size and moderate weight of the packages permitted of rapid handling, and, whether it was at the transport's side, twelve miles off shore in a heavy swell, unoading from lighters to wharf or rail at loading from lighters to wharf or rall at Tongku or Tien Tsin, or from little river junks to store piles or wagon or pack trains at Tung Chow, it aroused the envy of an American quartermaster to see the rapidever where his fad is concerned, and, regardless of how rich he may be, nothing pleases him more than to get the best of a bargain. Some of the ruses these foxy old American quartermaster to see the rapidity with which these homogeneous packages were handled. They fitted the coolie laborer and the coolie fitted them actually, for everything is carried on head or shoulders. Contrast this with a case of stationery, weight 600 nounds but up in a seur who is on the wine committee of a leading New York club was looking through the show window of a dingy little saloon near the river front, when he discovered a couple of dozen of very scarce claret, buried under a lot of other stuff in one corner. It had evidently bein there are stationery, weight (900 pounds, put up in a thin, flimsy white pine case, and which from rough handling and its own weakfrom rough handling and its own weakness has come to pieces in the bottom of a junk. Think of the time and stores lost in repacking, for the coolie never fails to steal, even if he knows that the bamboo and the loss of his much-prized cue is the inevitable result of detection. It's a gamble with the coolie, be he Chinaman, Japanese or festive Filipino, and they are all gamblers. If this particular case had been put up in six 100-pound boxes they would have arrived in good order and have been unloaded in a tithe of the time.

"The British (Indian army) practice is very much the same. Small uniform packages. one corner. It had evidently fain there undisturbed since the place was opened, and meanwhile the vintage had grown to be worth anything you chose. The connoisseur managed to dissemble his joy, covering any contraction of the contraction of

haggled for an nour over a difference of \$1.50. Finally the New Yorker pretended to notice the claret and dragged it to light. 'Hello!' he exclaimed, 'here are a few bot-tles of red wine, probably spoiled. "'Til tell you what I'll do,' he added; 'throw this stuff in and I'll take the cor-dials!' The salson keeper spanned up the rine Brush (limin army) practice is very much the same. Small uniform packages, with a heavy jute sacking instead of the Jap. rice-straw matting. One hundred and sixty pounds is the load for their reach wides house for their reach. dials! The saloon keeper snapped up the offer, and the wily connoisseur carried off

and sixty pounds is the load for their pack mules, hence (as their transportation was nearly all pack-trains) their packages averaged about eighty pounds.

"The Russians did not seem to have much of any stores except a liberal supply of ammunition, which, as was the practice of all the powers, was put up in small, near strong packages of about eighty strong packages of about eighty

"The French, that is those who came at casionally they overreach themselves, and I heard of a funny case of that kind only a few days ago. The hero of the episode was a Philadelphia man and, like the New Yorker, he had accidentally discovered a first, viz: Marine infantry, I believe from Tonkin, had a miscellaneous collection of stores of all shapes and sizes, seemed to have been purchased for the occasion in various east Asian ports, judging from the rorker, he had accidentally discovered a 'plant' of very fine claret in a little old shop in the suburbs of the city. The proprietor, however, had a vague idea that the stuff might be valuable and named such marks upon them. The troops who came later had regular supplies, generally nicely packed, but not with the same care as those of the British and Japs. They also had some mean packages to transport, viz: Claret casks of great size and weight. It sent around a friend, who sauntered in, priced a number of things and finally spied the claret. He picked up a bottle, remarkwas a common occurrence for the monot-ony of our teamsters' life to be broken by the sight of an obstinate Chinese mule. an irate Frenchman and an overturned Pekin cart with its load of one wine cask ed casually that that particular vintage had all spoiled in the glass and declared at the bottom of some gully. caller was a big, pempous individual and "The foregoing remarks apply to the

Italians and Austrians as well. "The Germans were as bad as ourselves; hey had their stores in big flimsy cases. and, in consequence, I saw many broken at every shipping point. As they had lit-tle or no transportation except what they slowly gathered in the country, they were no idea you would return and I sold it last night to a ship captain. 'What did he put to much trouble in trying to make a four-foot box fit a three-foot cart.

Subsistence Stores Well Packed. "As a rule our subsistence stores were very well packed in strong cases of modrate weights and volume. Sacks were all

double sacked and were quite strong seen at a fashionable "5 o'clock," as afterenough. noon receptions are called in Paris. This is "Quartermasters' supplies, as a rule, one of the many English phrases adopted were very poorly put up, cases too large by smart French people, and out of it they and much too heavy. More proportionate have evolved the extraordinary verb, "to 5 breakage of cases occurred in this class than any other. Then, too, the cases should be made with reference to fitting The first hat to attract attention was one worn by a young girl. It was composed of

an escort wagon.

black velvet, rather wide in the brim, of a high shape, slightly bent before and behind. It was edged all round by a delightful garland of pink pompon roses—that is, put up in very bulky and heavy packages. I remember several cases of powder that weighed 400 pounds net, and it took all roses without leaves or long stalks.

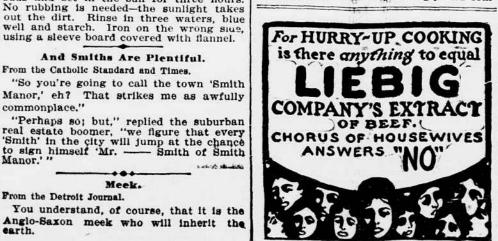
Encircling the high crown was another the coolies that could crowd around it to lift it into a wagon. A 100-pound case garland of similar roses, and the crown it-self was veiled in pink tulle. would have been much better. Medical supplies were better put up as regards weight A second chapeau was of a turban shape, and volume, but many cases were of too flimsy material to withstand the hard enwrapped in endless folds of gold gauze, covered with white tulle, spangled with gold and having on the side three roses of slightly tarnished gold, shaded to pale, dull isage of such long and complex transporgreen.
This is the very latest novelty, for Paris-

None Fed So Well as Our Troops. "Reverting once more to the food quesian taste seizes not only on beauties, but on what are ordinarily considered defects, ion, in my mind there were none who had as excellent or abundant a supply as the and turns them to account. Many persons to whom bright gold is unbecoming can Americans. The Japs had rice, bread, dried fish and tea, which they supplemented by the use of the sheep and cattle the country produced. They also had American canned meats, but they were not used with fully washed. No soda must be used, and impunity, seemed to be more of the nature of a special or emergency article of their the water must be moderately warm both

> "The British white troops had a ration similar to ours in quality and quantity, but not so varied or flexible. They used tea instead of coffee. The British Indian roops had about 184 pound atta or flour, about 1 pound rice, 1 gill ghee or vege table oil, salt and once a week a pound of fresh meat, bone and all. "The Sikhs only used mutton or goat, but the Mohammedans ate everything except

The Russian Rations.

water with mild soap. Rinse them in several waters. Shake them well and roll them in a cloth to dry after pulling them into shape. When pegging stockings to the "The Russians had little besides a black bread and soup. They were given onequarter-pound cans of some kind of meat preparation at intervals, much in the same manner as the Japs used American meats. They had the finest cooking arrangement, though, of any. Upon a springless carriage was mounted an iron furnace under a semi-spherical boiler, water-jacketed. The boiler was fitted with a tight-fitting cover and the whole was very strongly and com-





pactly built. Into this they put all the materials for a soup or stew that they possessed, and nothing came amiss screwed down the cover. If the fire, and away went this perambulating soup tureen with its company. When they made camp, all they had to do was 'stack arms!' and then march past the soup machine, the cook opening a faucet, and each man received his ration of hot, well-cooked, thick soup; the assistant cook in the meantime received. the assistant cook in the meantime was chopping up a loaf of black bread with an ax and each man got a liberal chunk. I tasted this bread several times, and it did not be a several times. not improve upon acquaintance. It seemed to have been made of equal parts of bran, sand, sawdust, and was sour besides. This was an ideal and an economical way to prepare soldiers' food, but I am afraid soup three times a day is too much of a steady diet for the American to adopt. The Russian thrived on this, for they looked hearty and strong.

American Camp the Cleanest. "The Americans kept the best policed and cleanest camps. All garbage was religiously removed and buried in pits at some distance; rears were invariably established promptly and limed or covered with dry earth daily. In fact, there was no fault to be found as regards sanitation, and I believe it is a second nature with the regular soldier to be clean and to make others do the same. Anyway they made life a burden to the Chinamen by insisting life a burden to the Chinamen by insisting on 'John' cleaning out his streets and houses, which, judging from their condition, I don't believe had been done since the visit of Marco Polo, at least.

"The British kept fairly clean camps, but they seemed to do it by spasms—let it get dirty and then turn out about a thousand coolles and do a week's cleaning in two hours.

"The Japs kept their immediate quarters clean, but were not at all particular of their environs. The camps of the Russians their environs. The camps of the Russians and French were plainly perceptible by the olfactory nerves even at some distance. Although they established rears in their permanent camps, their condition was frightful, and but little attention was paid to camp sanitation. Had it not been for the cool weather that came in September, I think they would have had trouble with sickness from this cause.

"The Germans kept their camps very clean and seemed to thoroughly understand the value of certification."

the value of sanitation. They had stringent rules regarding the care of the health of their men, but had the biggest sick report, I believe, of any, mostly diarrhoea, dysentery and some typhoid, I believe. This is surprising in view of the care they



for something new and jolly in out-of-door functions are in order. Such a one was a "desert housewarming" recently given by a clever California woman who was sojourning in Arizona for her health. The brush shed or Indian vataw under whose grateful shade she was to hang her hammock, read her books, entertain her friends and dream herself back to health had just been completed by the Indians, and invitations were informally given to a score of the younger people of the little desert hamlet to come and assist in the figurative hanging of the crane."

The moon was at its full. From the river bank the young men had brought great cottonwood logs and fagots of the resinous greasewood for the big fire which was to be a feature of the evening's entertainment. Long sticks of arrow weed were admit of toasting marshmallows and roast ing apples at long range.

A half dozen corn-poppers were in readi-

ness, their handles lengthened by splicing. In a circle about the fire were spread rugs, blankets, carriage robes and cushions galore, and here comfortably reclining. after the manner of the old Romans at their feasts, the guests told stories, gave conundrums, exchanged bright sallies of wit and repartee, the while they toasted their marshmallows, popped their corn and roasted apples. The hostess had also provided a great kettle of chocolate, kept hot on a bed of coals, as well as a generous supply of bread and butter and cheese sandwiches and little cakes. These were passed in the close-woven Indian baskets for which that region is famous. Then as the leaping flames began to settle down into the great bed of glowing coals came the singing, a varied repertoire, including the familiar old English, Scotch and Irish ballads, the popular coon songs, patriotic and war songs, time-honored rounds, such is "Scotland's Burning" and "Three Bline Mice," and last, the dear college songs of Stanford, Elmira and Columbia-represent-

What wonder that hearts grew tender and eyes moist as, when the twinkling lights in the tents of the little settlement began to be extinguished and the moon rode high in the southern heavens, all rose and standing shoulder to shoulder joined in the farewell chorus: "For Auld Lang Syne, my dear,

For Auld Lang Syne.
We'll take a cup o' kindness yet,
For Auld Lang Syne."

With moonlight and firelight, "summat to eat and drink" and the fellowship of congenial souls, such an informal entertainment, with variations to suit the special environments presented by mountains, seashore or forest camp, may always be relied upon to score a social success.

In active competition with the chafing dish comes the newer and exceedingly fashionable "silver grill" fad. This is an mported English fancy, which has the added prestige of having been a favorite pastime with Edward VII. After a moonlight coaching party, an evening at "bridge" or an afternoon on the "links," the hostess and her guests repair to the roomy, well-adapted kitchen, where a silroomy, well-adapted kitchen, where a silver grill and a big fire await the culinary prowess of a white-capped chef. Beefsteak, chops, deviled bones, pancakes, fritters, clams, or some of the popular cheese dishes—such as golden buck or English monkey—are prepared before the eyes of the delighted hungry guests, who dispatch them sans ceremony, but with infinite religible.

In boiling peas, string beans or asparagus, save every bit of the water which you pour off, to ade to the soup pot. With the most ordinary care in utilizing the "left-overs," even in a small family, the soup

ever Varies it to receive and digest other food" need never be lacking. This without buying meat specially for this purpose or using (home practice) the food from individual plates. From roasts and steaks there are always pieces of bone and a suspicion of juice left on the platter. From lamb and mutton chops. Frenched, come scraps enough to form the basis for a tasty soup without anything else. If your butcher un-derstands that you would like the bones and scraps from your roasts quite willing to do so. A saucer of baked beans, a cup of tomato, a spoonful of peas, a half dozen stalks of asparagus, a gravy, the skeleton of a roast chicken, or almost any other fragment of a departed feast, add body, nourishment, flavor and variety to your soup from day to day.
While in winter the "stock pot" can go for several days without entire renewal and cleansing, much care is needed in hot weather to keep it from spolling. Never set it away covered until perfectly cold.

vary, and

there'll never

be and ther

beer like

Schlitz.

It keeps better to cool quickly. The farewell "stag" party which has long been considered the proper thing for the bachelor about to turn Benedict finds now its counterpart in the bachelor girl's farewell dinner, which forms the prelude wedding festivities. It is rumored that among June brides this custom is to be gen-erally observed. Often the dinner will appear in conjunction with the "linen-shower," the kitchen "tin, tin, walk in," or the cup and saucer "remember me."

"English monkey" affords a variation in the cheese dishes which go so excellently well for the Sunday night supper. Melt one ablespoonful of butter in the chafing dish, add a half cupful of soft, mild cheese cut in small bits, and stir until the cheese is melted. Have ready a cup of stale bread crumbs which have been soaked in milk until thoroughly soft and beat in with the melted cheese. Just before serving add a slightly beaten egg, a half teaspoonful of salt, a few grains of cayenne and a saltspoonful of mustard. Pour over toasted crackers or zephyrettes.

A cupful of cold boiled rice added to any breakfast muffin mixture or pancake batter furnishes the varlety which gives the 'spice" to appetite.

Corn muffins which accord amicably with the morning cup of coffee are excellent made in this way: Separate two eggs, putting the yolks in a large bowl. Beat a moment, add a cupful of milk, one cup of corn-meal and a half cupful of flour and beat thoroughly. Add a tablespoonful of melted butter, a well-rounded teaspoonful of baking powder and a half teaspoonful of salt, and beat again. When well blended and puffy, fold in the well-beaten whites of the eggs. Have ready twelve greased gem pans, piping hot. Pour the mixture into them and bake fifteen or twenty minutes in

In making a chicken salad, if the chicken runs short, as it often does, it may be eked out without any one's being the wiser by adding a third as much roast of pork or veal cut in small bits.

With peas coming into the market, try this English salad. Boil one quart of peas (measured after shelling) until they are tender in salted boiling water, to which a sprig of mint and a little pepper have been

Drain thoroughly and put into a bowl.



KNOWN THE WORLD OVER ments from the medical practi-tioner, the nurse, and the intelligent housekeeper and cateror > > >

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Melt a tablespoonful of butter and pour over the peas while still hot. Mix lightly and leave them to get cold. Rub smooth in another howl the yolks of three hard-boiled eggs, and add a scant teaspoonful of salt, the same quantity of white pepper and a level teaspoonful of made mustard. Beat this mixture with four tablespoonfuls of oilve oil until smooth. Add gradually tablespoonful and a half of ordinary vinegar and a teaspoonful of tarragon vinegar, beat and pour over the salad, which may be served alone or on crisp white letters to be the salad of the salad.

tuce leaves. A golden buck is simply a peached egg served on each portion of rarebit,

The Outwitted Guard. From Fliegende Blaetter.





